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Hope students stand with France

Students tell of experiences surrounding Friday's terrorist attacks in Paris that killed at least 129

Alex Belica
CAMPUS CO-EDITOR

The ISIS terrorist attacks on Friday in Paris may have seemed a world away from Hope College, but for some Hope students studying abroad in Europe, it was much too close for comfort. Many current Hope students were in France on Friday night when the attack that killed 129 and seriously wounded hundreds more took place. Thankfully no Hope students were at the venues attacked on Friday. However, one American, a student from California State University-Long Beach, was reportedly killed in the attack.

The Anchor interviewed three Hope students that were in France on Friday to hear their perspectives on the tragic event.

One student, Laura Teal ('17), who is studying abroad in Dublin, Ireland this fall, was in Paris shopping less than two miles away from one of the attacks.

"We were at a bookstore after having recently finished dinner. A man came into the bookstore and informed us that shots had been fired," Teal said. "The bookstore closed immediately and sent everyone home, telling us

not to go north or east, if possible. At this point, news was filtering slowly. All we knew about was a shooting. We took the train back to our rented apartment, which was, thankfully, substantially east of the trouble. By the time we got home, news had started breaking on an international scale. I had a series of messages asking if I was okay, which at the time I wondered why. Then we saw the news — at that time, it was suspected that grenades had gone off (later confirmed as suicide bombers) and that hundreds were currently being held hostage. [The next morning,] Paris was still just a mass of tension. Even in our district, far east, sirens were frequent," she said.

Miriam Roth ('17), who is studying abroad in Nantes, France, was sitting down to dinner with her host family when she heard about the attacks taking place 240 miles away in Paris.

"I didn't feel in danger at all, but with my study abroad director frantically checking on everyone's whereabouts and my family contacting me, it was freaky," Roth said. "We also heard from a girl in my program who was in Paris for the weekend and was almost at one of the attack sites



MOURNING — Flowers pay tribute to the victims outside Le Carillon bar in Paris, France.

when the attacks happened."

When France closed its borders following the attacks; students and tourists traveling around Europe suddenly faced the prospect of not being able to return to their residence.

While Lauren Fanta ('16) was at her apartment in Nice, France, many of the other American students in her program were not so lucky.

"There was a lot of confusion from the Americans I am studying abroad with," Fanta said. "Some were in Amsterdam for the weekend and were worried about how they would come back with the borders closed."

Ultimately, France officials

opted to keep trains and flights running in the days following in the attack, albeit with increased restrictions.

Teal found her flight back to Ireland on Saturday was still scheduled, but with confusion within the city, she struggled to find a way to make it to the airport. She was assisted in her efforts by staffers at Hope's Fried International Education Center.

"Amy Otis-De Grau ('96), from the Fried Center, helped us find a way to get to the airport," Teal said. "Our passports were checked at least five times in the entire boarding process. There were many guards everywhere — army, police and airport secu-

rity."

Despite the issues they experienced over the weekend, all three students indicated that the events had not scared them away from traveling in the future. However, they now have a greater appreciation for the importance of careful planning for contingencies.

One way to prepare for such emergencies is to register for U.S. State Dept. Smart Traveler Enrollment Program (STEP), which ensures that officials know your location in such a situation and can also provide you with up-to-date information.

While France continues the long healing process after the attacks, the Hope students studying abroad there plan on doing their part to be a force for good.

"I stand with Paris and with France, especially since I am with them as they grieve," Roth said. "But in light of the numerous hurts and horrors around the world today, I hope that this event will have a uniting power for all of humanity against global terrorism... I pray that God will grant us all mindsets of love, courage and unity."

SEE PAGE 3 FOR MORE INFORMATION

ARTS

'Photograph 51'

History of science class putting on play about discovery of DNA

Page 5

FEATURES

Reign Outfitters

Learn about the T-shirt company started by Hope students

Page 7

SPORTS

Cross Country

Women win Great Lakes Regional

Page 11

THIS WEEK AT HOPE

Wednesday Nov. 18

Career in E-Books

Laura Brady will present on how the rise of technology is changing the way we use our textbooks. The presentation begins in the Fried-Hemenway Auditorium at 7 p.m.

Thursday Nov. 19

Continuum Scholar Lecture

Professor Jared Ortiz will present "A Vision for a Christ-Centered Liberal Arts Education" in the Fried-Hemenway Auditorium at 4 p.m.

IN BRIEF

UGANDAN BENEFIT DINNER

Hope College will host a Ugandan dinner for students, faculty and community members. Its goal is to be a benefit dinner centered around URDT, the organization that Nourish is partnering with to generate sustainable change in areas of extreme poverty. The event begins at 5 p.m. in the Martha Miller Rotunda on Friday.

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Relay for Life a huge success

Hope Community strikes back against cancer in this lengthy fundraiser

Hannah Winegar
GUEST WRITER

This year, Hope College hosted its 13th annual Relay for Life event on Nov. 13 and Nov. 14. According to Katherine Butterfield, the event advisor, there were over 32 teams this year, making about 660 participants, who together raised \$65,687 in the fight against cancer.

Relay for Life is a 12-hour event where participants break into teams, fundraise amongst themselves and then break the 12-hour walk-a-thon into shifts. Many of the teams are sponsored by student organizations or Greek organizations. Members of the community are always invited to take part in the camaraderie.

While there are many different events that support the American Cancer Society, there are a few things that every event has in common, no matter where they take place. The biggest one is known as the Survivor Lap, which opens the event. Cancer survivors from the area walk the first lap to celebrate their victory against the disease. This lap is also to commemorate the caregivers and those who

helped the survivors on their journey.

Next is the Luminaria Ceremony, which always takes place after dark. This is to signify those who lost their battle. Candles are lit, placed in personalized bags and placed around the track to pay tribute. The last staple in the event is known as the Fight Back Ceremony. This encourages participants to take action and symbolizes what people can do to fight cancer year round.

To keep spirits up throughout the night, there are music and activities such as corn hole and inflatable bounce houses.

"It is an amazing experience that is fun and moving and for a wonderful cause," Libby Rieman ('18) said. Many other participants echoed her sentiment.

Relay for Life said that the money raised makes it possible for those affected by cancer, as well as their caregivers, to have comfortable places to stay if they have to travel for treatment. They also strive to provide transportation for patients since one of the biggest challenges for cancer patients can be getting to and from their treatments and appointments. For women



MITCHELL CONRAD

A WALK TO REMEMBER— Students and survivors take a lap against cancer in this crucial fundraiser. The fundraiser raised over \$65,000 dollars for the American Cancer Society.

specifically, Relay for Life has classes and seminars on how to help them keep their self-esteem up as their appearance may change while undergoing chemotherapy and radiation treatments.

The first Relay for Life took place in May of 1985, as one man walked and ran around a track for 24 hours straight in order to raise money for the American Cancer Society. He did the same thing the next year but was joined by 340 other community members from his town of Tacoma, Washington in an overnight event. That man, Dr. Gordon

Klatt, unknowingly started one of the largest fundraising events, now known as Relay for Life.

Since that first time Dr. Klatt walked around a track, Relay for Life has grown exponentially and has raised over \$5 billion to aid in the fight against cancer. Starting at 7 p.m. on Friday, Nov. 13 until 12 hours later at 7 a.m. on Saturday, Nov. 14, Hope College students, faculty and staff, as well as community members, hosted a branch of this event creating even more resources for the American Cancer Society.

Relationships are all about angles

Alek Molenaar

CAMPUS CO-EDITOR
@ALEKMOLE

Last week Wednesday, GRACES, a new group on Hope's campus that "aims to foster learning in the Hope College community about a broad range of issues surrounding human sexuality, to foster healthy, mutual, balanced dialogue and understanding among all persons, and to promote well-being and safety for all students on campus" had their first presentation of the semester.

Hope's Kristen Grey was the lecturer for the event, who herself has been married for over 20 years. Grey drew her main points from Robert Sternberg's triangular theory of love. The triangle is made up of three points, all of which go into making a full, healthy relationship.

Intimacy was the first point of the presentation, which involves an emotional closeness to someone and to be able to share information and secrets with them on a level higher than friendship.

Commitment is a strongly held conviction that people will stay with another regardless of the cost. Grey put an asterisk on this definition because of the word "cost," telling the attendees that violence is a cost that should not be taken in any relationship, even when married.

Finally, passion is the physical aspect of the relationship,



ALEK MOLENAAR

LOVE IS ALL ANGLES— Kristen Grey explains Robert Sternberg's theory on relationships.

proving that desire and sex will be physiologically pleasing.

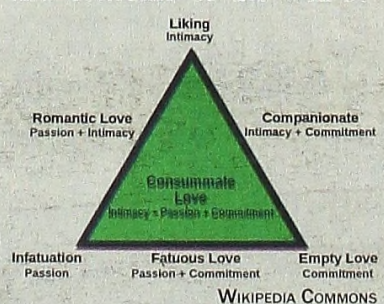
Grey then went into the aspects of relationships that involve an incomplete triangle and what they mean. If there is only a single point of a triangle, then intimacy represents a close friendship, commitment represents a job or working alongside co-workers and passion represents a hook-up with no strings attached.

Next, Grey explained the two-pointed relationships. A relationship with intimacy and passion is labelled as "friends with benefits." Grey said that while this type of relationship can work, "one person is usually using the passion and intimacy to try to achieve commitment

from the other person." A relationship with passion and commitment "would be the closest thing to a stalker, someone that is passionate about you and will be by your window every time," Grey said. That drew a laugh out of the attendees.

Grey told the audience of her parents who had been together for 60-some years and how the triangle applied to them. "The commitment is for life when you're married, but can you still listen to each other?" Grey said, involving both intimacy and commitment. "And is there still a spark between you and your spouse?" she said. Grey wrapped up the presentation by opening questions to the audience.

GRACES will continue to bring in members of the Hope community to present on sexuality issues related to campus. As a group, they focus on education, healthy discussion and concerns of the well-being of the campus community.



THREE POINTS FOR SUCCESS— A look at the triangle that encompasses Sternberg's theory.

All students are allowed to be members of GRACES and are encouraged to come to their

bi-monthly meetings. Contact Alex Swain ('16) or email graces@hope.edu for more information.

2015 HOPE COLLEGE YOUNG ALUMNI

And the **OWNER** of your local Orange Leaf!

Hope College

Jeremy Latchaw

Parisian terror

Bombings shock and stun the world

Alex Swain
Co-Editor WORLD
@DNAALSWAIN

fear and terror.

Global implications of the attack are still being felt. A number of United States governors are refusing to accept Syrian refugees, while many other European nations are maintaining resistance to the refugee traffic still streaming through their borders, despite the fact that many of the Syrian refugees are fleeing from the very organization that perpetuated the bombings in Paris.

The Internet group Anonymous has declared cyberwar on ISIS as well, claiming that they will "hunt them down."

On Friday, Nov. 13, the bustling metropolis of Paris, France was thrown into a state of chaos when several coordinated terrorist attacks brought the city to a standstill. The attacks were both applauded and claimed by ISIS, the well-known terrorist organization that is consuming the minds and fears of much of the world today. Some 352 people were wounded in the attacks, 99 of whom were critically injured. As of now, an estimated total of 129 people were killed.

The attacks were carried out at several venues across the city. The historical Bataclan theatre witnessed the brunt of the deaths during a performance by the American band Eagles of Death Metal, playing for an audience of 1,500 people. At about an hour into the concert, three men brandishing AK-47 assault rifles came into the room and opened fire on the crowd and murdered 87 people. The terrorists took around 100 hostages, who were later set free by French police and specialized forces. Two of the attackers died by detonating suicide-bomb vests, while the third died from being shot and falling, which subsequently set off his vest as well.

During a French-versus-Germany football match, three suicide bombers attacked near the stadium, exploding themselves at a McDonalds, near the entrance to the stadium, and near the stadium itself. The blasts were able to be heard by people at the match, and those watching through the television. Various gunmen attacked several cafés and restaurants, killing and wounding dozens of people in the assaults.

These terrorist activities sparked worldwide outrage sadness, and concern. France is one of the most heavily-trafficked tourist destinations in the world, and Paris is arguably an epicenter of Western culture. The attacks prompted retaliation from France, where they bombed the ISIS stronghold and capital city of Raqqa. Despite this, ISIS had anticipated the retaliation and evacuated a number of the facilities that were targeted in advance of France's attack.

On Monday, President Francois Hollande declared that "France is at war." Near the same time, a video by ISIS surfaced with a man saying, "I swear to God, as we struck France in its stronghold Paris, we will strike America in its stronghold, Washington." Hollande further declared, "Terrorism will not destroy France, because France will destroy terrorism."

Parisians have also taken to the streets with large signs decrying "we are not afraid," as a message to ISIS and other organizations that seek to spread

Bombings in Beirut

Day before Paris attacks, 43 are killed in ISIS terrorist attacks

Idil Ozer
Co-Editor WORLD
@HOPEIDIL16

A 14-year-old boy, Ali Awad, was chopping vegetables for a meal when the first bomb went off, ending his life.

Two suicide bombings claimed by ISIS shook Beirut on Nov. 12, killing 43 people and leaving behind at least 239 wounded according to CNN. The attack was first believed to be carried out by Hezbollah due to their strong presence in the region. However, one of the bombers who survived confessed that he is an ISIS member. Investigators suspect

those responsible for the attacks were recruited from a nearby refugee camp for Palestinians.

A day after the devastating events in Beirut, the world's attention shifted to Paris, where another ISIS attack took place. Officials have reported that the death toll has risen to 129 and the vast majority of wounded are still being treated. Between these two shameful attacks, there was a clear difference with the international community's attitudes.

As the amount of casualties grew, Facebook activated its "safety check" feature, an option that is used for natural disasters

which allows the social network users to mark themselves as "safe" and automatically send notifications to their associates on the website. While that was an option during the French attacks, the Facebook Safety Check was not an option during the Beirut bombings.

While the lingering sadness overtook the world, the Lebanese did not shy away from asking why they were left alone during their time of mourning, while solidarity statements from the international community focused on the French.

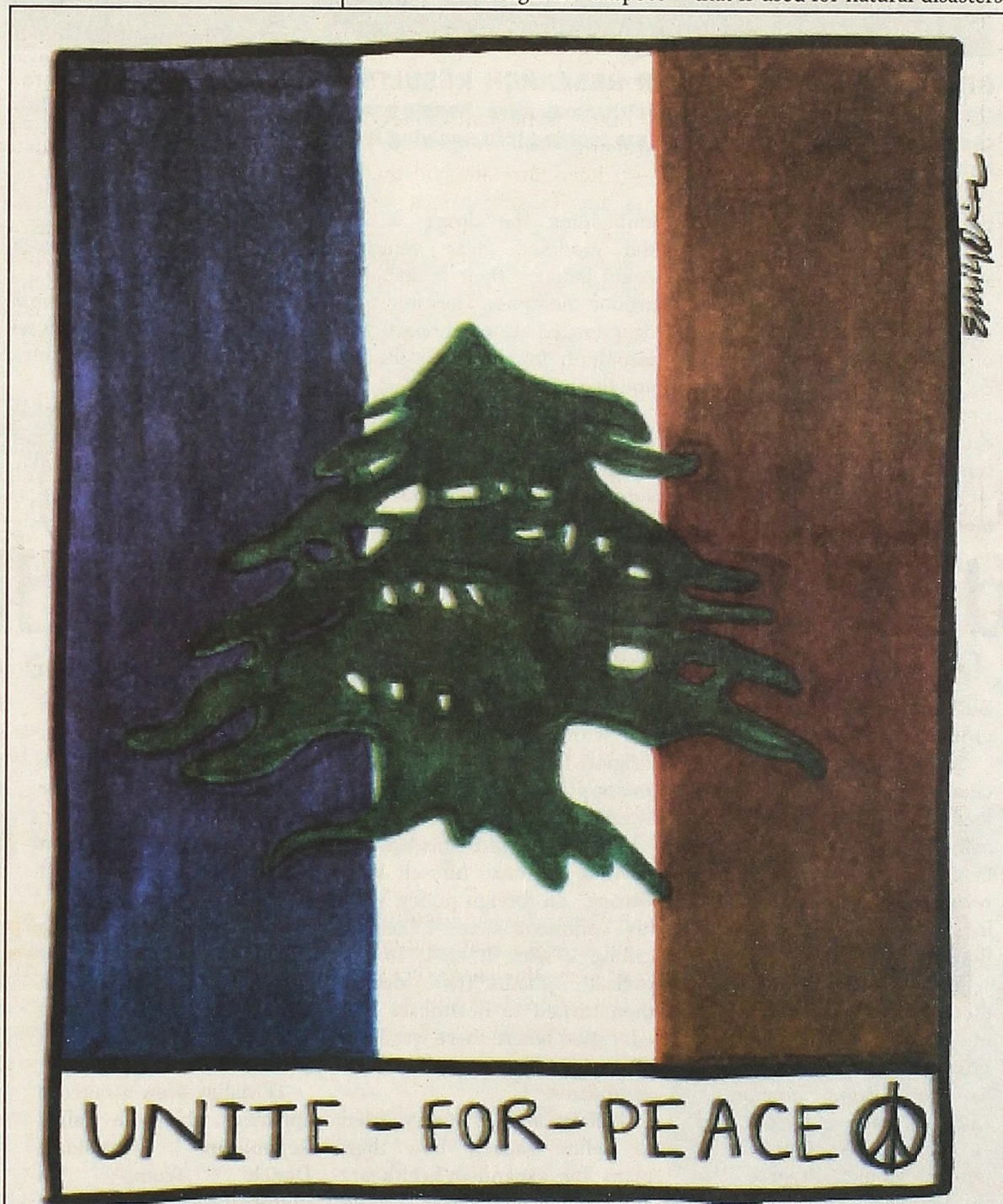
As has been reported by The New York Times, monuments around the world were lit up in the colors of the French flag, and presidential speeches revolved around the protection of shared values, which seemingly created a bigger division between the victims of the crimes against humanity.

In an interview with ThinkProgress, Syrian refugee Ghaled, who was a dentistry student stated his support for French people, "What is happening to them is happening every day in Syria, 100 times per day for five years, so we know what that means." He also stated that according to conservative estimates in Syria, around 220,000 people have lost their lives within the span of four years; averaging 144 deaths per day, most of them being civilians.

Meanwhile, in the United States, Alabama and Michigan governors vowed to ban Syrian Refugees from their states. Gov. Robert Bentley announced that he would oppose any attempt to relocate Syrian refugees in Alabama through the United States Refugee Admissions Program. Upon Bentley's statement, Michigan Gov. Rick Snyder joined him by saying that the state would no longer accept Syrian refugees until there is a full review of screening procedures.

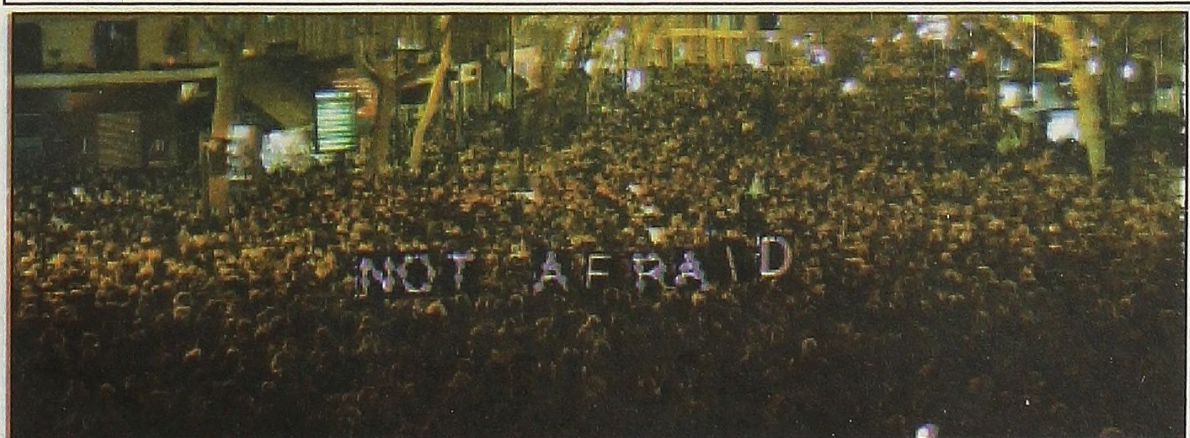
The attacks also started a heated debate between the presidential candidates, with Jeb Bush's comment on exempting the "Christian" refugees from the ban. A backhanded response came from President Obama, who held a press conference in Turkey after the G20 meeting: "Whether you are European or American, you know, the values that we are defending – the values that we are fighting against ISIL for – are precisely that we don't discriminate against people because of their faith. We don't kill people because they are different than us. That's what separates us from them."

Although the French have just launched a rebound attack against ISIS, the next steps against the terrorist group is yet to be announced by the international community members.



EMILY OLIVER ('16)

AMIDST THE LATEST BOUT OF GLOBAL TERRORISM, A CALL FOR PEACE — The blue, white and red colors are found on the French flag, symbolizing the colors of Paris, several saints, and the Virgin Mary. The cedar tree is found on the flag of Lebanon. Cedars are symbolic of holiness, eternity and peace. As the world is reeling from these recent bombings, a greater awareness for unity and peace has erupted across the globe, showing solidarity for those who are plagued by these global conflicts.



CNN

IN CONTRAST TO THE IDEALS OF TERROR — After the attacks in Paris, thousands of Parisians took to the streets to show of solidarity against those who wish to instill terror.

Algae fights cancer, scientists report

New research shows that algae might be the much-anticipated treatment for cancer, if not the cure

Ryan Skowronek
GUEST WRITER

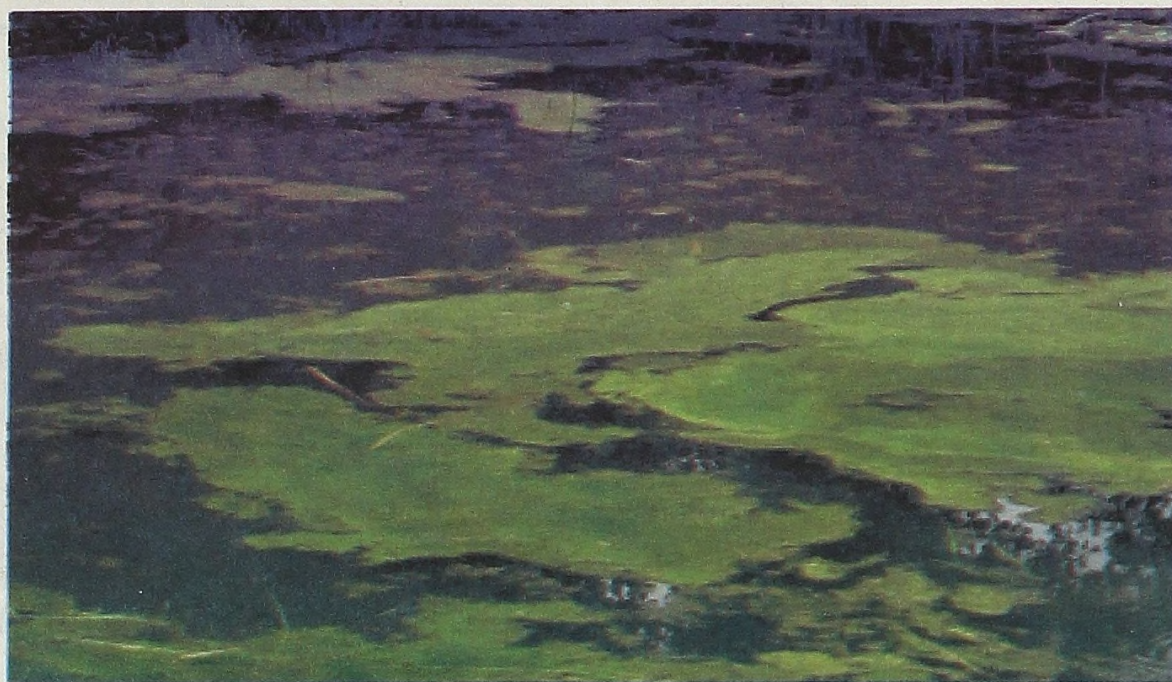
This week, researchers have genetically engineered algae to deliver drugs to kill cancer cells while not harming healthy cells.

Recently, nanoporous silica-based materials have been used as vehicles for the delivery of chemotherapeutic drugs to the cancer cells.

However, these have proven costly and harmful to create as they require expensive toxic chemicals. Scientists from the University of South Australia and Dresden University of Technology collaborated to develop diatom microalgae-derived nanoporous biosilica to act as the vehicles for drug delivery.

The photosynthetic diatom algae functions well as a vehicle, measuring four to six micrometers in diameter with a porous silica skeleton. The researchers were able to sequester the drugs within the tiny algae's silica skeleton in order to protect healthy cells from the toxic effects of chemotherapeutic drugs.

The research team genetically engineered the algae to target and destroy neuroblastoma and B-lymphoma cells through



GROUNDBREAKING CANCER RESEARCH RESULTS— Scientists recently discovered that algae treatment can keep healthy cells alive. As this new finding may lead to a more effective cure for cancer, researchers are looking into applying it to the pharmaceutical field.

the presentation of antibody-binding proteins on their shell surfaces.

The antibodies bind specifically to molecules found on cancer cells, meaning it could deliver drugs to the target cells.

Since chemotherapeutic drugs are not soluble in the tumor macroenvironment, which includes surrounding blood vessels and lymphocytes,

embedding the drugs within the modified algae vehicles could increase their availability around the tumor. They injected drug-loaded algae nanoparticles into both human cell cultures and live mice.

The preliminary data showed that the treatment not only killed cancer cells in mice with subcutaneous tumors, but also killed up to 90% of cancer cells

in the human cell cultures.

The nanoparticle injection into mice resulted in a significant regression of tumors, which they published last week in the scientific journal *Natural Communications*.

Professor Nicolas Voelcke from the University of South Australia said: "To minimize the off-target toxicity, the drugs can be hidden inside the antibody-

coated nanoparticles.

The antibody binds only to molecules found on cancer cells, thus delivering the toxic drug specifically to the target cells. "The researchers noted the practicality of the algae-based vehicles, since they can deliver non water-soluble anticancer drugs to the sites of cancerous cells.

Moreover, as the diatom algae is photosynthetic, it would only require water and light to grow, eliminating the current need for high cost, toxic chemicals in order to create nanoporous silica-based vehicles.

Professor Voelcke stated with hope, "Although we are still in the early stages of the process, finding this novel drug delivery system based on a biotechnologically tailored, renewable material holds a lot of potential for the therapy of solid tumors including currently untreatable brain tumors."

As this is only preliminary data, further tests and screening will need to be conducted to ensure the efficacy and safety of such treatments. The effects of the genetically modified algae vehicles still need to be examined on gastric delivery and intravenous therapy in humans.

Third debate with three candidates

Clinton, O'Malley and Sanders heat up presidential race on the left wing

Maxine Terry
GUEST WRITER

The Democratic Debate on Saturday night on CBS News featuring former Sec. Hillary Clinton, Sen. Bernie Sanders, and former Gov. Martin O'Malley was a dull but enlightening view of where the party currently sits.

In the wake of terror events that created shockwaves around the world, CBS News announced closely after the Paris attacks Friday, that they would add questions on terrorism and the Middle East to the initial topics like healthcare and the economy within the domestic sphere.

After starting the debate with a moment of silence, ISIS became the main issue, with the first question directed at Hillary, asking if the Obama Administration's legacy will be that it underestimated ISIS.

She responded by framing the terror group as something that must be defeated, not contained, but shockingly said it "cannot be an American fight, although American leadership is essential."

Blaming former Prime Minister Nouri al-Maliki of Iraq and President Bashar al-Assad of Syria for creating environments for ISIS to thrive, the former Secretary of State clarified her intentions with the Middle East.

Bernie attached Hillary to the failed strategies of President

Bush that proliferated extremist groups.

Sanders went after her, a change in his public comments leading up to the debate, but still in a very genteel way, before going after her voting record on the invasion of Iraq in 2003, where ISIS has been flourishing lately.

When asked by the moderator John Dickerson of "Face the Nation" if he was directly linking Hillary's vote to the current momentum ISIS has gained, Bernie said, "I don't think any sensible person would disagree that the invasion of Iraq led to the massive level of instability we are seeing right now."

She responded with vague comments about the complexities in the Middle East and her record of saying Iraq was a mistake.

Tension appeared later in the discussion when Dickerson asked Hillary to speak to the different term used about ISIS.

He tied in comments made by Republican candidate Sen. Marco Rubio who said that radical Islam was behind the Paris attacks, with her use of the characterization radical jihadists.

Though she was going after an air of acceptance for all religions and ethnicities, she ended up tangled by her explanation of word choice, before ending her time on

strong note, saying "We are at war with people who use their religion for purposes of power and oppression. And, yes, we are at war with those people."

O'Malley used this as an opening to make himself look "strong" on foreign policy, with his comment that "I believe calling it what it is, is to say radical jihadis." The debate then turned to healthcare and education where there was little difference between the three candidates.

Hillary and O'Malley tried to define vaguely how their plans for expanded healthcare and higher education would be different from Bernie's who wants to fund them by taxing the ten percent in America for these social safety net programs.

When asked how high of a tax rate would reach for these

Americans, Bernie didn't give a hard number, but responded with "it will not be as high as the number under Dwight D. Eisenhower, which was 90 percent...I'm not that much of a socialist compared to Eisenhower."

Immigration and finance reform provided great soundbites for O'Malley and Bernie instead of clarifying any real policy or winner of the debate.

O'Malley drew a raucous applause when he called Republican candidate Donald Trump "an immigrant bashing carnival barker."

Bernie had his own moment when he went after Hillary's ties with Wall Street. He tied it in his platform of fixing wealth

inequality by talking about his support of the Glass-Steagall Act in the Senate with his campaign finance reform for super-PACs, to create a link between her donors to her lackluster support of reinstating the Act.

Hillary made a come back with "for the first time a majority of my donors are women, 60 percent" for the response from the crowd before trying to make a link to her strong leadership as a representative of New York that rebuilt confidence in the economy after 9/11.

The next debate for the Democratic candidates will take place in Manchester, New Hampshire on Dec. 19. As ABC News will be hosting the event, it is still a question if Hillary Clinton will be able to keep her lead in the polls, while Sanders seems to be catching up.

Texas/Mexico Border Encounter January 1-8, 2016

hope & grace
College and 20/30s Ministry

Immigration is dominating the political discourse of our day. Have you ever wondered how things actually look and smell and feel on the border? Join a group from Hope Church and Grace Episcopal Church this January 1-8 to encounter the Texas/Mexico border, talk to people, eat local food, reflect, pray together, and learn from those who are the image of God on the front lines of immigration. Cost \$300. Contact Christian or Andrew.

<https://www.facebook.com/events/1071969519488253/>



Andrew Spidahl: 616-422-5104 - aspidahl@hopechurchrca.org
Christian Baron: 512-826-9657 - christianjohnbaron@gmail.com



NaNoWriMo reaches halfway point

Stephanie Arndt
GUEST WRITER

Fifty thousand words. Thirty days. On your marks, get set, write!

National Novel Writing Month (NaNoWriMo) has begun, and all writers who have dared to take the challenge are halfway to the finish line. For those who don't know, the month of November is dedicated to writers who actually have the guts to attempt what many have dreamed of accomplishing at one point in their lives: writing a novel. Many have thought they were brilliant and their idea deserved to be printed, put in a book and sold to the masses. But what are they doing about it?

Since the clock struck midnight on Nov. 1, Hope College has housed a handful of creative writers who have embraced the challenge and found the courage to put their dream in action. Little did you know that those who sit with you in class have been working on their own novels while still doing all the work that you try to keep up with. Remember when you thought writing that research paper was torture? Try adding a 50,000 word novel to your list.

NaNoWriMo is a huge feat to take on. I asked a few of the writers how it was going so far, and it is apparent that their struggle is unanimous. There is nothing easy about writing 50,000 words, especially when you combine the writing challenge with the stress of college homework.

"I think the most frustrating thing is finding time to write," Anna DeCamp ('19) said. Amidst WebWork, research papers and bucket loads of books to read, it's already difficult for students to find time to sleep. However, it is the love for writing itself that keeps these writers going.

"I had an idea in my head that I had to get down on paper," Lauren Duistermars ('18) said. There is an undeniable pull to creativity that she and other writers share, explaining why so many take on this challenge in November.

"It's difficult to force my mind to sort out the hurricane that is my thoughts into coherent sentences that carry meaning and depth, but the result can be wonderful," Lillian Dickens ('19) said, illustrating both the struggle and beauty in the art of creative writing.

Writing is not easy, especially when you are on a time crunch of only 30 days. College lacks a pause button, though we often wish it didn't. Adding the NaNoWriMo challenge to the list of ever growing college priorities is no easy task. Still, these troops are hopeful. There is an incredible amount of resilience among these authors, as they power through the last half of the month. To some, it's not all about finishing the 50,000 words; it's about rising to the challenge itself.

"I'm here to see what happens when I allow myself time and space to be creative," Aman-



National Novel Writing Month

STEAMBOATBOOKS.COM

A WRITER'S DEADLINE — National Novel Writing Month provides writers with the motivation to complete 50,000 words in only a month, if they're up to the challenge.

da Lowry ('17) said, looking forward to discovering where focusing on writing can take her as opposed to trying to reach the steep word count.

Becky Downing ('18) said, "the purpose isn't to write well; the purpose is to write."

NaNoWriMo encourages writers to shoot for the goal of 50,000 words, but there is a section on the NaNoWriMo website called "Camp NaNoWriMo" that allows writers to set their own personal goals for word count. Writers take advantage of this opportunity to see how far they can push themselves towards something they love while still maintaining hold on their current life activities.

So what do you do when the going gets tough? We all could use a little advice when it comes to writing.

Brooke Wharton ('18), a survivor of this challenge, said, "Don't say you're going to do it and then stop at the first bump in the road you hit. Keep going."

Why We Write

Those who begin writing a novel should realize what this commitment means. Writing a novel is undeniably exhausting. We cannot emphasize that enough. However, the thing about writing is that, when you finally get across all of the obstacles that continuously appear in

your way and take a step back to appreciate what you have done, it all becomes worth it. You may struggle, but I would encourage any person who has the desire to write to at least attempt this challenge, even if they have some doubt. Every frustrating moment is not in vain when it comes to writing.

We write, and we write again until we get it right. We do it because we love it. We do it because why shouldn't we attempt to achieve a dream that has been made realistic by National Novel Writing Month?

Here is to all who are powering through the difficulties of writing and taking their shots at a dream come true.

Hope science class to perform 'Photograph 51'

Hannah Winegar
GUEST WRITER

Hope Hancock
Co-Editor-in-Chief
@HABITUALLYHOPE

The history of science class, taught by Professor Jonathan Hagood, is putting on a production of a play called "Photograph 51," which chronicles the working life of Rosalind Franklin, the woman responsible for the discovery of DNA while a student at King's College in London.

The play's title comes from the term "Photo 51," which is a nickname for the X-ray diffraction image that helped Franklin discover that DNA has a double helix. The first photo was taken in May of 1952 by Raymond Gosling, who was a crystallographer responsible for discovering the actual structure of DNA, under the supervision of Franklin.

"Photograph 51" first opened in the Ensemble Studio Theatre in New York in 2008 and then spread to other cities across the country. It then premiered in London's West End Theatre in September of this year with Nicole Kidman playing the role of Franklin.

When "Photograph 51" first opened in the United States, it received mixed reviews, due to casting choices and awkward shifts in scenery. However, when it went to England, and Kidman played the key role, it received rave reviews.

The basis of this play is how Franklin discovered the structure of DNA with her protégé, Raymond Gosling, but their competition, two other scientists named James Watson and Felix Crick, take the credit. A Google search of the "discovery of DNA structure" shows Watson and Crick as the scientists who discovered the structure. This represents how female scientists of the time were often seen as less credible.

The play has five characters: Franklin, Gosling, Watson, Crick and Franklin's partner in the lab, another scientist named Maurice Wilkins. Despite the fact that the main cast is male, most of the students in this semester's section of the history of science are female.

The oppression of the success for women, especially in the field of science, is a key theme in this play and something that

Hagood's class depicts with their role-reversal tactic. They wanted to show how women in the fields of math and science were oppressed and still are today.

According to his students, Hagood is well aware of the struggles women have had in the past in male dominated fields, according to Idil Ozer ('16).

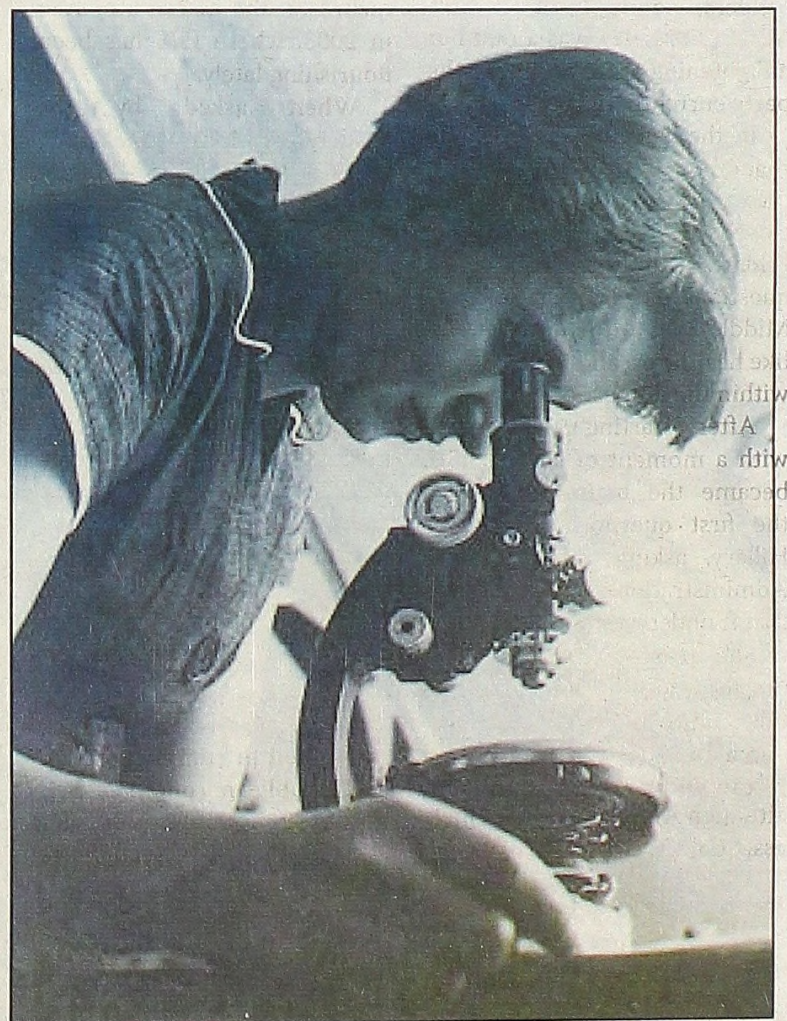
Ozer believes that Hagood simply wanted to share this idea with the rest of the Hope College community.

"Being a social science major, I have to say, I have learned a lot in this class about a non-promoted side of history," Ozer said.

This portrayal of "Photograph 51" is more of a student project, hence why it has not gotten much advertising around campus.

The students rehearse once or twice a week in order to prepare for their performance on Dec. 3 at 7 p.m. in the Martha Miller Center. "Photograph 51" is free for those who wish to come. Non-students are welcome as well.

Tickets can be obtained by contacting Hagood at hagood@hope.edu. Contact Hagood for more information as well.



ELMUNDO.ES

SCIENCE ON STAGE — Dr. Jonathan Hagood's class, the history of science, prepares to perform "Photograph 51," a play highlighting Rosalind Franklin's discovery of DNA.



REIGN OUTFITTERS

choose your kingdom

mission

to create a community with intentional care and capacity to prosper.

Reign Outfitters is a company founded by Hope College students Sophie Guetzko ('16), Jack Twitty ('16), and Michael Thomas ('17) in August 2015. The three met during their freshman year in Kollen Hall, and, although Sophie and Jack are graduating early, the three banded together to make an impact on the Hope community and across the United States through Reign.

Reign Outfitters began with Sophie, who has worked with the Center for Faithful Leadership Incubator program since January 2015. Soon after developing the brand, she pitched the idea to Jack and later Michael, who both joined the team. The three got to work, and their vision became a reality a few weeks ago when Reign launched. Their hope is to encourage people to live out their "kingdom" in every day life. The T-shirt designs revolve around simplicity: just black and white. The two bookend the color spectrum and allow for each person to show all of the different parts of his or her story. They are also marketing the idea of a blank canvas: an opportunity for a fresh start. Their goal is to encourage people to begin again and actively seek new ways to build their own kingdoms.



HALEY MENZIES PHOTOGRAPHY

Get 20% off through
January 2016
Promo Code: theanchor

Merchandise

Visit www.reignoutfitters.com for more information or to shop.

Keep up with Reign's happenings on Twitter and Instagram: @reignoutfitters



HALEY MENZIES PHOTOGRAPHY

Jack, Michael and Sophie modeling the Original Penguin Tee



HALEY MENZIES PHOTOGRAPHY

Reign Outfitter's Original Ice Tee



HALEY MENZIES

Reign Outfitter's Original Carbon Tee

Choose Your Kingdom

Humans of Hope

Each week, Anchor writer Gabrielle Werner interviews a few people on campus you might want to meet.



Courtesy of Gabrielle Werner

"Her name is Meggie, and I adopted her from the Allegan County shelter. I was just looking for a dog. It's my third year of being an RD, so I was like, 'I need a dog.' She had been with the same family for five years, and they just gave her up and she was starving herself at the shelter. You know, she wasn't eating and she was just bones. I just saw her, and I knew. I took her home, and I fattened her up, and now she is my dog!"

"Do you know why the family gave her up?"

"I think it was money, you know? They couldn't really pay for her anymore. She was really well trained, potty trained. She knows all these tricks. I think it's really sad because these people put a lot of love and time into her. She knows how to sit, roll over, shake, but I have to have a treat. She won't do anything without a treat. She is really stubborn sometimes.

"She is six now, and she is fat and happy. She loves living here now because of the squirrels. She will just chase them up a tree."

Coffee vs. tea: Pick up a hot cup of health benefits and caffeine



Taylor Jones
Staff Columnist
@TeejmereSweatrs

As I walked to my kitchen and opened up the cupboard this weekend, I stared at my Lipton tea bags and Folgers medium roast coffee. Hmm, what to drink this morning... Being the curious soul that I am, I wondered about the benefits of both tea and coffee. Is one better than the other caffeine-wise?

I started drinking coffee when I was a freshman in college. I tried it because it is considered a food group for a college student. For all of those late night study sessions and homework, coffee is a necessity. But what is coffee really doing for me? According to the Huffington post, coffee is also good for preventing Parkinsons Disease, type-two diabetes and skin cancer.

Coffee is proven to make people happier. Apparently just the smell of coffee (whether you like coffee or not) is said to relax a person. It has also been said to make one more intelligent since it is a stimulants and wakes a person up. With that, it increases one's reaction time and attention that aids to better judgments.

Tea, on the other hand, has many benefits as well. Similar to coffee, tea is loaded with antioxidants that prevent many diseases as well as heart attacks. Another benefit to tea is the fact that it boosts one's exercise endurance. Some of the antioxidants in tea increase the ability to burn fat and improve muscle endurance. Being an active person, this is ideal for my daily workouts.

Obviously both of these drinks have many benefits, but they do share some negatives as well. Drinking too much tea and coffee can cause teeth to stain, which is obviously not desired. They also can cause insomnia, especially when drinking it in the afternoon. Lastly, these caffeine sources are known to cause nervousness.

Both of these have some great benefits and negatives, so can one really go wrong when deciding between the two? I talked to some Hope College students to see what they prefer.

"I prefer coffee because I am a latte girl," Britten Clark ('16) said. Others were neutral.

"I would say that I like coffee better in the morning and tea later at night," Sydney Jones ('18) said.

"I honestly don't like either. I like a Coke for my caffeine kick every day," Megan Gregorski ('16) said. Other than Gregorski, seven out of the ten people I talked to preferred coffee to tea.

Either way, with the winter months coming up, both coffee and tea are going to be even more inviting, not only wake up to but also stay warm during the cold.

So tomorrow morning when I go to pick between my Lipton tea and Folgers medium roast coffee, I will know either way I will be picking up a hot drink.

Papers are due, exams are coming up, my motivation is nowhere to be found



Austin Elluru
Staff Columnist
@AustinElluru

We've come to that point of the year where my response to any stressful situation is to simply lie down and take a nap, rather than trying to exert any effort to confront my problems. While probably not the most appropriate reaction, it is an improvement from my previous response of curling up in a fetal position

and sobbing uncontrollably in the middle of the Pine Grove.

Because of how little time I have left to do work, I haven't been able to clean my room, which has become such a horrifying mess that the only sure way to clean it would be to burn it down with the rest of the house. Also, my coffee intake has become so great that I fear that the local economy would collapse from all the coffee shops that would go out of business if I suddenly decided to quit caffeine.

This seems to be a trying time for all college students with stressors such as exams, papers, nonexistent love lives (still single), in addition to all the piles of homework that we have to

keep up with. However, something that gives me reassurance is the countless number of students who have gone through this experience before and survived. What's important to remember is that while your GPA may not be ideal (or even a positive number) it does not define who you are as a person. What defines you as a person is how you handle the stress. Even when you fail, and life does not go the way you planned, you still have self-worth as a person. And if you worry that you are not going to be able to get a job that will be able to cover all your expenses, remember a phrase my father always told me, "You don't have to pay bills when you're dead."

The Anchor is hiring

We are looking for students to fill the following positions for the spring semester:

1. World Co-Editor—Responsible for "world news" content, which covers vital world, national and local news relevant to Hope College.
2. Copy Editor—Responsible for editing the content of stories, correcting spelling and grammar in all stories, while also reviewing the content for any violations of ethical and legal issues.

Interested? Email anchor@hope.edu.

ANCHOR

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#WhoShouldIBePrayingFor? Post November 13th, thoughts on the aftermath of a world immersed in tragedy, anger and retaliation



Hannah Pikaart
Voices Editor
@HannahPikaart

By now I'm sure you all have heard of the event that took place this past weekend in Paris, France. On Nov. 13, 2015 at 9:20 p.m., local time. During a soccer match between France and Germany, a suicide bomber detonated his vest, beginning a series of events that would send the city of light scrambling for sanctuary. After three more

suicide bombers, attacks on restaurants and the Bataclan theater, the death count had reached 129 people and 352 people were left wounded. To say the least France, and the rest of the world, was in shock.

Almost immediately after news broke of the terrorist attacks, people started posting pictures of a peace sign mixed with the image of the Eiffel Tower and tweeting #PrayForParis. Yet, this now-famous hashtag has also brought awareness to other tragedies around the globe that were not as well known.

#PrayForBeirut

A day before the attack on Paris, southern Beirut, Lebanon was struck by two suicide bombings, killing 43 people and wounding at least 239. Like the Paris attack, ISIS claimed

responsibility for the carnage.

#PrayForJapan

Earlier in the day of the Paris attacks, an earthquake with a preliminary magnitude of 7.0 struck southern Japan. The quake came from 90 miles offshore and caused several small tsunamis, but presented no immediate danger of a large-scale tsunami.

#PrayForMexico

While researching what happened in Mexico, my search came back with nothing, although there was supposedly a hurricane and earthquake. However, Hurricane Patricia hit Mexico over a week and a half ago. Patricia was the strongest hurricane ever recorded at sea with winds reaching 165-mph. The hurricane caused major

flooding and mudslides in Mexico, and also uprooted trees and toppled power lines.

#PrayForBaghdad

The same day as the Paris attacks, 21 people were killed and 46 were wounded after a suicide bomber detonated at the funeral of a pro-government Shi'ite Muslim fighter. Elsewhere, the Islamic state group claimed responsibility for a roadside bombing that killed 26 people and wounded dozens.

#PrayForSyria

In the wake of their country's own tragedy, France took action and launched a series of air strikes that started Sunday and continued into Monday. The bombing missions targeted ISIS strongholds, such as a command center, recruitment center,

an ammunition storage base and a training camp in Raqqa, Syria. Despite the intended targets, mostly suburbs were hit, along with a stadium and museum in the city. The French Defense Military reported that all targets were destroyed. No civilian or ISIS casualties have been reported, but many have taken to social media with #PrayForSyria.

#PrayForTheWorld

In the last week, our world has faced numerous tragedies that have tested the resilience of the human race. A series of these events threaten to ignite a third World War, beckoning more hate and distrust into our fragile world. At this time, we should not choose which country or city to pray for, but rather should pray for our world.

The Buckeyes aren't bad: Five reasons why Ohio is better than you think



Becky Downing
Arts Co-Editor
@rebeccajoann24

I have a confession to make: I'm not from Michigan. I'm actually from this forbidden land just south of Michigan. Most people here don't like to mention it, and when they do it's only to make fun of it. It's called Ohio. Yes, I'm a Buckeye.

Being a Buckeye in Michigan definitely has its obstacles. Blue and yellow has replaced scarlet and gray, no one finishes the cheer when you shout "O-H!" and everyone thinks that Ohio's basically a wasteland with nothing except Ohio State

football. We may not have "Pure Ohio" commercials with shots of lake town sunsets like you guys do, but I'm here to assure you that Ohio is freaking awesome. Here's why:

1. We take to the skies.

Ohio is the birthplace of aviation. The Wright brothers grew up in Ohio, as well as a number of astronauts. John Glenn grew up in Ohio and attended school in my hometown of New Concord. Neil Armstrong was also born in the Buckeye State as well. If Buzz Lightyear were real, he'd probably be from Ohio, too.

2. Our zoos are wild.

If you look at a national survey of the best zoos in the nation, you're likely to see three Ohio zoos in the top five: Toledo, Cincinnati and Columbus. The Columbus Zoo is especially awesome because Jack Hanna

from the television show "Jack Hanna's Into the Wild" is in charge of it. He's largely responsible for completely elevating the zoo's reputation and adding all kinds of new exhibits and events. The Christmastime "Wildlights" event is especially popular, and during the summer, you can hit up the Zoo's waterpark "Zoombeezy Bay." Hanna attended college in my hometown as well.

3. We have the best band in the land.

I won't try to convince Michiganders that The Ohio State University football team is where it's at, even though we did win the College Football Playoff National Championship last year. However, I will confidently say that The Ohio State University Marching Band is the best band ever. You can look online at one of their halftime performances to see where they got their nickname. You

can also search their nickname online, since I can't include it in this article because I have to keep the language appropriate. Nevertheless, you have to admit after watching script "Ohio" that you'd love to dot the "I."

4. We're the roller coaster capital of the world.

Have you ever heard of Cedar Point? Yeah, I thought so. Cedar Point is located along Lake Erie, and its roller coasters are named best in the world every year. Some fan favorites include the Millennium Force, the Maverick, the Magnum and the Top Thrill Dragster. Halloween weekends also draw crowds because ghouls and goblins follow you from coaster to coaster, and haunted houses also offer scares. Therefore, it's safe to say that you haven't experienced the best in the amusement park world until you've visited Cedar Point.

5. We're the heart of it all.

Ohio is definitely shaped like a heart for a reason. We have everything from the "Christmas Story" house in Cleveland (which is actually a super fun town) to delicious Skyline Chili. When you're in Ohio, you can look at John Lennon's acoustic guitar at the Rock and Roll Hall of Fame, or you can zip line in Amish Country. If you want to get away on a fun vacation, experience the nightlife at the Short North in Columbus or rent a golf cart and zoom around Put-In-Bay, an island in Lake Erie. Next time you want to say Ohio's boring, think twice. We've definitely earned our nickname: the heart of it all.

Hopefully you'll think twice next time you make fun of Ohio. Michigan and Ohio State may share a heated rivalry, but that doesn't mean you should never travel to the Buckeye State.

Pictures taken by Haley Menzies ('17) last week when 15-25 foot waves struck Michigan's west coast beaches.



Our Mission: The Anchor strives to communicate campus events throughout Hope College and the Holland community. We hope to amplify awareness and promote dialogue through fair, objective journalism and a vibrant Voices section.

Disclaimer: The Anchor is a product of student effort and is funded through the Hope College Student Activities Fund. The opinions expressed on the Voices page are solely those of the author and do not represent the views of The Anchor. One-year subscriptions to The Anchor are available for \$40. The Anchor reserves the right to accept or reject any advertising.

Letter Guidelines: The Anchor welcomes all letters. The staff re-

serves the right to edit due to space constraints, personal attacks or other editorial considerations. A representative sample will be taken. No anonymous letters will be printed unless discussed with Editor-in-Chief. Please limit letters to 500 words.

Mail letters to The Anchor c/o Hope College, drop them off at the Anchor office (located in the Martha Miller Center 151) or e-mail us at anchor@hope.edu by Monday at 5 p.m. to appear in Wednesday's issue.

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Habitually Hope: The problem with #PrayForParis

Pray. (v.) To address a solemn request or expression of thanks to a deity or other object of worship.



Hope Hancock

Co-Editor-in-Chief

@HABITUALLYHOPE

I was babysitting on Friday evening when I received a text from my mom that said, "I hope ur watching the news....Paris situation." I had seen something come across Facebook just moments before and quickly skimmed a New York Times article on my phone. I assured my mom that I would turn on the TV as soon as I put the baby to bed.

As I hope all of us are aware by now, the city of Paris faced a violent terrorist attack last weekend, killing more than 120 people and wounding over 300 hundred more. I watched the news slowly unfold, revealing the extent of the attack and the chaos that ensued afterwards, glued to my computer screen, watching "history in the making," as my mom said.

Within 24 hours, my Twitter and Facebook feeds were saturated with profile pictures featuring an overlay of the French flag. The hashtag #PrayForParis quickly became the uplifting catchphrase for the horrific at-

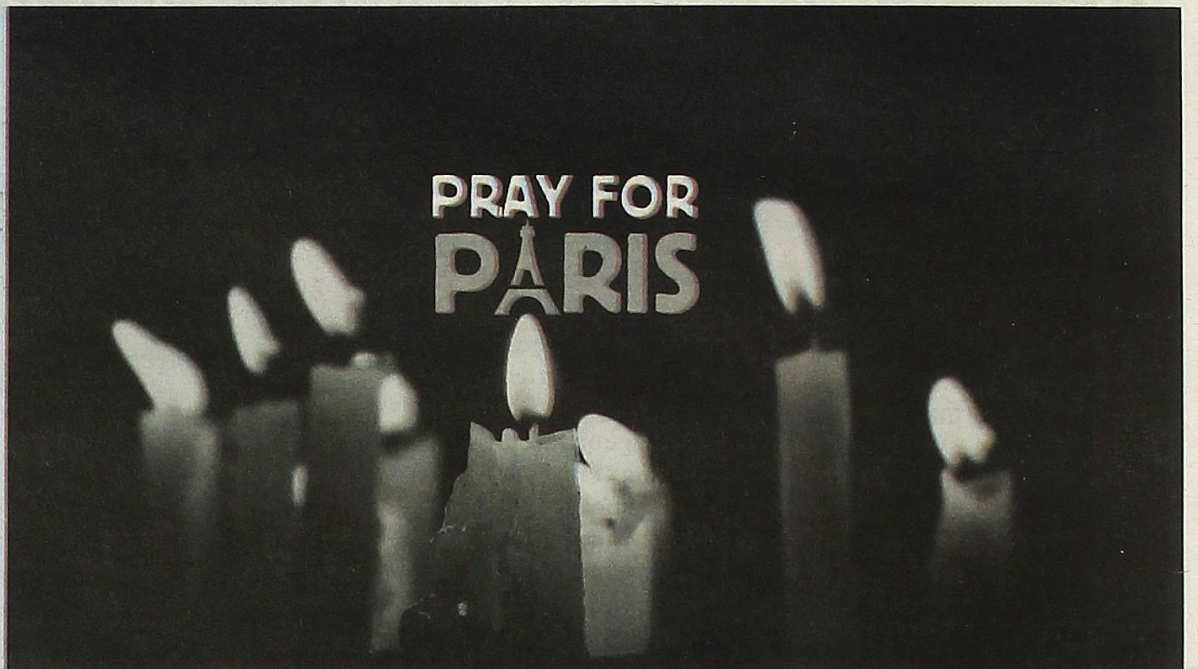
tack on the third most visited city in the world.

In a world that constantly attacks different religions for being oppressive and close-minded, what does #PrayForParis even mean? Was its use of alliteration catchy enough to make it the most-used hashtag after the terrorist attack? Is it meant to be read as a declarative sentence, commanding others to pray for the city of light? Who is praying, and to whom are they directing their prayers?

Unless I had the resources to poll every person who has used this hashtag in the past five days, I'll never know the answers to these questions. However, this trend prompted me to think more about the use of prayer in this day and age.

In the context of the Christian faith, prayer is a way for people to have direct communication with God. Not taking the time to pray can be detrimental to our relationship with God. In a recent article on desiringGod.org, Timothy Keller, a famous pastor and author, said that he believes people in Western society are spending less time in solidarity and prayer because of constant communication and distraction via social media.

Prayer is supposed to be an outpouring of our faith, an expression and recognition of God's faithfulness in our lives, a time when we can ask for His forgiveness and a means by



Flicker

which we may request His guidance in difficult situations. We demonstrate a great lack of faith by not going to God in prayer.

I will be the first to admit that my prayer life is not always as it should be. I often fall asleep before, or even during, praying. I don't always prioritize prayer or recognize its power. I fail to "pray without ceasing," as 1 Thessalonians 5:7 so simply commands us. My selfish desire for more sleep and valuing other parts of my day rather than talking with my Creator leads to a sinful attitude towards prayer.

The #PrayForParis trend spurred the many #PrayFor[insert city/country name here] popping up all over

different social media outlets. I am by no means condemning the use of these hashtags, but I think it's important for us to consider why we are using them. It should not just be a means of entering into a conversation, and it should represent more than support for these locations under attack.

Real, intentional prayer is far more impactful than a trending hashtag. As Christians, if we are going to use #PrayForParis, then we should mean what we are saying. We should actually be praying for Paris. I can't count how many times I've told people that I would pray for them and then neglected to do so. That's just one more example of how

I've fallen short in my faith. Amidst the violence that ISIS is inflicting on so many people in this world, are we going to sit by, allowing these attacks to continue, without carrying out the very prayer we are demanding? Doing so is useless.

Changing your profile picture or tweeting about the terrorist attack in Paris is not going to make an impact on the situation at hand. However, dedicating time to pray for God's hand in healing and reconciling recent events – now that can make an impact far greater than social media ever will.

Sporty Spice: The healing power of music



Nicole Metzler

Co-Editor-in-Chief

@NICOLE_JA

Music has the ability to heal, strengthen and give hope to people in need. Whether it's a rough day, a fatal disease, or an unfathomable tragedy, people turn to music to help them get through the pain. We've seen it so much in history and we see it today.

As I was thinking about the

mass amounts of lives taken from this earth in the past week, other tragedies came to mind, specifically the 2012 Aurora theatre shooting during the premiere of "The Dark Knight Rises."

Hans Zimmer composed the score for the Dark Knight trilogy. After hearing of the awful events that summer night, he went right to work composing a new song titled "Aurora" in honor of those who lost their lives to gunfire. The piece was released a week later and was then sold on iTunes for the sole purpose of raising money for the Aurora Victim Relief Fund.

As a huge Hans Zimmer fan (so huge that I refuse to follow style rules and just call him "Zimmer" after mentioning him by full name already), I pur-

chased the track as soon as it was available. I loved his music and I really wanted to support those who were struggling. The song is haunting, but beautiful. I've listened to it at least once a day since the attacks in Paris on Friday. Somehow, it's been helping me with my difficulty understanding what's happening in the world today.

It's amazing what a song can do.

Society thrives on music. Have you ever thought about that? There's a magically quality to music that can send shivers up your spine if you think about it hard enough. Why do certain chords resonate within us? How is it that a subtle change in rhythm or tempo can change our perspectives and our moods completely?

We listen to music to alter the way we feel, or even to exaggerate the way we feel. Sometimes you'll listen to depressing music when you're depressed, or you'll turn on something upbeat to make you feel better. It works. When we listen to music, we are rarely left unsatisfied.

At one point in my life, I wanted so badly to be a music therapist. I wanted to go into children's hospitals and make sick kids smile. There were a lot of things that got in the way of that career goal, but I still believe in the healing power of music.

Music has been shown to be extremely beneficial to those with cognitive problems like Alzheimer's disease. Even after years of struggling, listening to an old favorite can uplift even the most distraught of patients.

There's nothing like seeing a sad face light up after a bad day.

Even when we listen to melancholy songs, we can feel better. Studies have found that the sadness we feel while listening to those songs can actually make us feel better. We experience a pleasant emotion instead of a bad one. So it turns out that listening to that breakup playlist may really be helping you after all.

Sometimes life deals you the worst hand of cards out of a seemingly impossible deck. It may appear to be trivial advice, but I must say, part of rebuilding after a teardown can happen through the power of music. Write it, play it, listen to it. It won't solve all of your problems, but I promise you, it will help get you back on your feet.

Nicole's music suggestions to help you get through

"King of Pride Rock"
Hans Zimmer

"Basketball"
Mark Mancina

"Be Still"
The Killers

"Metropolis"
Owl City

"Fader"
The Temper Trap

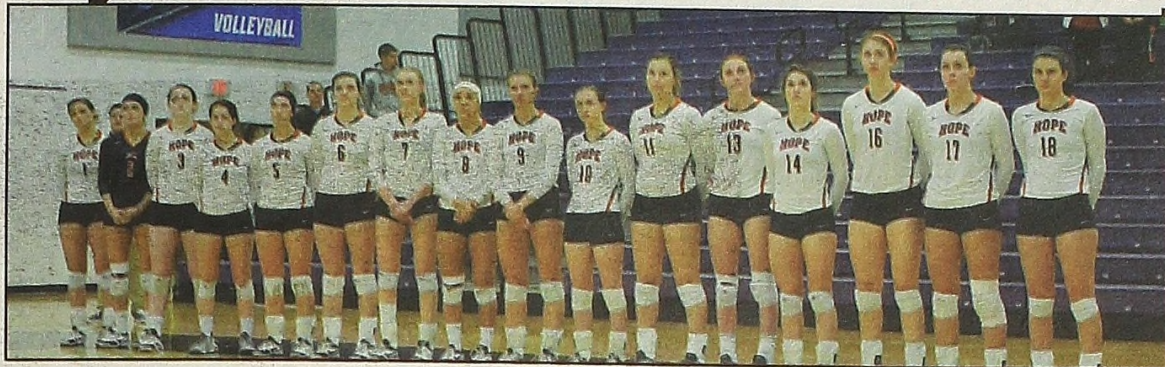
Hope volleyball season cut short by Bethel

Duncan MacLean
SPORTS CO-EDITOR
@DUNCMAC4

The defending national champion Hope College volleyball team's season came to a close last Thursday at the brooms of the Bethel College Royals. The Royals took three straight sets from the Flying Dutch in the first round of the NCAA Division III National Tournament.

The 23-9 overall Minnesotans used stalwart defense to shut down Hope's hitters, holding them to just a .76 hitting percentage.

"When we've struggled this season, we've struggled to be able to find holes in the opposing defense. They played great defense, not just at the net but in the back row as well. Head coach



PUBLIC AFFAIRS AND MARKETING

TRUST WALL— The Flying Dutch saw their season end last week in the first round of the NCAA tournament, a successful year stained by an early exit.

Becky Schmidt said.

The Royals played from behind in the first two sets, overcoming four- and three-point deficits in the first two games, taking them 25-23 and 25-20. By the third set, Hope had lost its vigor, never leading over the course of the 25-20 loss.

Katie Rietberg ('19) led the team with 10 kills, while Haley Muller ('17) slayed eight. Lauren Hazekamp ('16) finished off her collegiate career leading the team in assists with 25. Fellow senior Allie Mitchell ('16) matched Hazekamp in digs with 10.

The Dutch season ended with a 24-7 overall record, one All-MIAA first team selection, multiple broken school records and a runner-up conference finish. By all typical standards Hope College volleyball had a season for the history books, but defending a national champion-

ship raises expectations.

The Dutch took down all but one of its MIAA competitors. Calvin College proved to be a thorn in the side of Hope, dealing them their only conference losses. The Dutch dropped both regular season meetings and a matchup in the MIAA tournament title game.

The team broke two school records for kills and assists against Adrian College, while Muller broke the four-set-match school record for kills in the team's conference opener against Albion College.

After a season full of positives, Hope Volleyball can hold their heads high.

"I'm very proud of this team and the way they represent Hope," Schmidt said.

THIS WEEK IN SPORTS

Friday Nov. 20
Ice Hockey
vs. Adrian College Gold at 7:30 p.m.

Saturday Nov. 21
Women's basketball
vs. Ohio Wesleyan University or Bethany College at 3:00 p.m.
Women's cross-country
Division III National Championship at 11:00 a.m. at Winneconne, Wisconsin

IN BRIEF

HOPE FOOTBALL EARNS MIAA HONORS

Hope College football closed their season out this Saturday with a loss in the Wooden Shoe trophy game against long-time rival Kalamazoo College. The team concludes their season with a 2-8 overall record and 0-6 in conference play.

Despite their struggles to find wins on the field, the Flying Dutchmen managed to walk away from the season with MIAA honors. Four members of the football team earned All-MIAA recognition. Receiver Matt Kroll ('16) earned first team honors after leading the league in receiving yards per game with 96.6, as well as touchdown receptions. Kroll completed his football career with a school-record 26 touchdowns and fourth all-time in both receptions with 157 and receiving yards with 2,141. Punter Dean DeVries ('16), Colin Kelly ('16) and Brandon Parcell ('16) earned second team honors. DeVries finished his career as the Dutchmen's all-time leader with a career punting average of 40.5 yards.

ANCHOR PLAYER OF THE WEEK

Cross Country
Erin Herrmann ('17)
Fourth place finish at NCAA Regional meet

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Cross country sees mixed results at regionals

Women's results

Nicole Metzler
Co-Editor-in-Chief
@NICOLE_JA

The Flying Dutch have extended their season for another week with a first-place team finish at the NCAA Division III Regional in Terre Haute, Indiana, last weekend. Strong individual performances led to the points needed to capture the title.

Erin Herrmann ('17) lead the team with a fourth-place finish out of 243 runners. Her 6K time totalled 21:58. "I was so nervous," Herrmann said. "When the gun went off there were no more nerves, just my teammates and I and the hunger for victory."

Even with her strong performance, Herrmann was just two seconds away from the third-place spot, having been passed in the final stretch.

She had five teammates following not far behind. Julia Stock ('16) was next for Hope College at 15th. She attributes her success to a team effort.

"Saturday's win was an incredible team effort," Stock said. "We raced in a pack, each of us with a teammate or two by our side. Hope's women have always been great at racing as a group. We call it the 'Pain Train.' It's our tradition and it truly helps us



ROSE-HULMAN

MAKE IT SIX — The women's regional team takes them to nationals for the sixth consecutive year.

achieve excellence."

Emily Joosse ('17) went 26th, Sarah Neumar ('19) had 36th, Avery Lowe ('19) took 38th, Michelle Kerr ('16) made 46th and Emily Hamilton ('19) had 47th.

For the team to place first, they need strong runners throughout their team. Hope proved their depth on Saturday.

"We don't win with our number one or two runners, but with our five, six and seven who always bring it home strong," Stock said.

The team will now go on to prepare for the final showdown on Nov. 21.

"For regionals, we were nervous; there was a lot of pressure to win," Stock said. "We responded well and raced hard to the win, but nationals is a whole different ball park. We still hope to place top 10, but nationals is about giving it all you got, being ballsy and going for it."

For Herrmann, expectations are high. "We truly need each other to succeed at nationals. The fact that we did not all have our best races but still won our region shows us that we can accomplish exciting things if we really focus during this final week," she said.

Men's results

The sun set for the men's side as the team finished 11th overall, a place not high enough to qualify for a national spot. A strong team had a rough day and was not able to bring their A-game.

"Admittedly, and much to the whole team's disappointment, we didn't race to our potential," Tyler Brinks ('17) said. "When a race isn't going as planned, it's easy to give up, but our guys didn't do that on Saturday. We ran through the finish line, pushed our limits, and can be proud of the effort we exerted, even though the result is tough to swallow."

Joseph Beemer ('16) led Hope's pack at 23rd with 25:56. Brinks came in 46th. Julian Morrison ('17) took Hope's third spot for an overall 59th place.

Ben Zank ('16), ran to a 72nd place. Ben Pederson ('18) took 90th, Matt Rolain ('16) placed 116th and Kyle Anderson ('16) rounded out Hope at 143rd.

Even with Saturday's results in mind, the team had a successful season with 2nd place finishes in both the MIAA Jamboree and the MIAA Championships.

"Personally and collectively, this season revealed the results of hard work, dedication and perseverance," Brinks said. "As



ROSE-HULMAN

MEDALLED — Joseph Beemer ('16) takes home the men's only medal.

a season unfolds, setbacks are bound to occur. Each runner experienced his own challenges and setbacks — an injury, a tough week that tests their will and desire to train, travel for grad-school or job interviews — but each runner rebounded and persevered. Each runner found meaning in the work that he was doing and in the goals that the team espoused. Our season is not defined by a single result; our season is defined by each runner's hard work, dedication and perseverance."

Hope swimming teams dive into wins

Adam Nottoli
Sports Co-Editor
@ADAMNOTTOLI

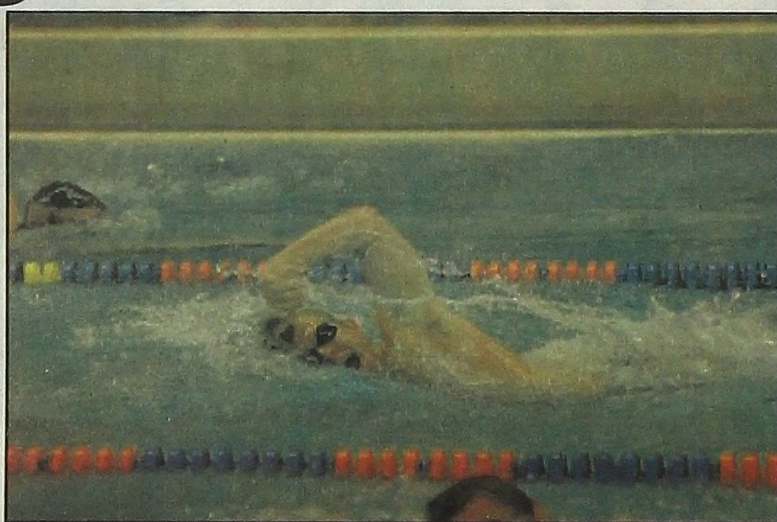
This past Saturday, Hope College's swimming and diving teams took on Olivet College in their home debut. Both men and women's teams took victories against the Comets of Olivet. Many of the men participated in events outside of their usual swim events and still managed to bring in strong times and a solid win for the college.

The Flying Dutchmen won 11 different swimming and diving events at the competition, outscoring Olivet 123-82. Troy VanPortfliet ('16) scored a win in the 500 freestyle with a time of 5:17.21. Meanwhile, Duncan MacLean ('16) took victories in the 50 freestyle with a time of 23.43 and the 100 freestyle with a time of 52.02. Jean Luc Miralda

('17) took home a diving victory in the 3-meter dive, scoring a 264.38, 64 points above Olivet's closest competitor.

Other top finishers for the Dutchmen include Trevor Wagener ('17), who took a victory in the 50 breaststroke with a time of 29.46. Ryan Johnson ('17) also brought in a win in the 50 butterfly with a time of 28.47. Danny Sullivan ('17) had a win in the 200 individual medley, clocking in with a time of 2:11.50. Christian Otteman ('17) took a victory in the 200 freestyle with a time of 1:50.97. Kevin Franz ('18) also brought home a victory in the 1-meter dive with a score of 260.99 points.

The Dutchmen also won the 200 medley relay, with Sullivan, Otteman, Johnson and Joseph Watson ('18) clocking in a time of 1:44.63.



PUBLIC AFFAIRS AND MARKETING

STROKING — Troy VanPortfliet ('16) swims his way to a victory, helping to lead to the Flying Dutchmen's domination.

The women's team also brought home a solid first place victory, outscoring Olivet 146-76. The Flying Dutch went into the contest 1-0 in MIAA play and ranked 14 overall. Klare Northuis ('16) took a victory in the 50 breaststroke and the 50 butterfly with times of 36.08 and 28.47 respectively. With a victory for diving, Sarah Sheridan ('16) claimed glory in the 1-meter dive and the 3-meter dive with scores of 259.79 and 301.65. Chloe Palajac ('18) claimed victory in the 50 backstroke with a time of 31.33 and in the 100 freestyle with a time of 56.77. Molly Meyer ('17) also won multiple events with victories in the 50 freestyle and the 100 breaststroke.

Jorgie Watson ('16) took a win in the 500 freestyle, while Elizabeth Fris ('18) won the 200

freestyle. Julia Hines ('18) won the 100 backstroke with a time of 1:10.00. Sydney Asselin ('19) won the 100 butterfly with a time of 1:08.47. Elizabeth Craig ('19) also took a win for the Dutch in

the 200 individual medley with a time of 2:24.45.

The Dutch relay teams also took home a win in the 200 medley relay as a team of Abigail Brinks ('19), Virginia Cotterall ('16), Fris and Mikayla Freyling ('17), clocked in a time of 1:46.60. They also took home a victory in the 200 freestyle relay by team Adrienne Smitch ('18), Palajac, Katie Smith ('17) and Craig.

The men brought their MIAA record even to 1-1, while the women put up another win to keep themselves perfect at 2-0. Both teams return to action on Nov. 20 and 21 when they head to the Wabash, Indiana Invitational.

The swim teams won't return for another home meet until Jan. 9 against Calvin College. Make sure to support the team.



PUBLIC AFFAIRS AND MARKETING

CHURNING WATERS — Pushing through the pool, Jorgie Watson ('16) fights her way to victory in her event, helping the Flying Dutch get another win.

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